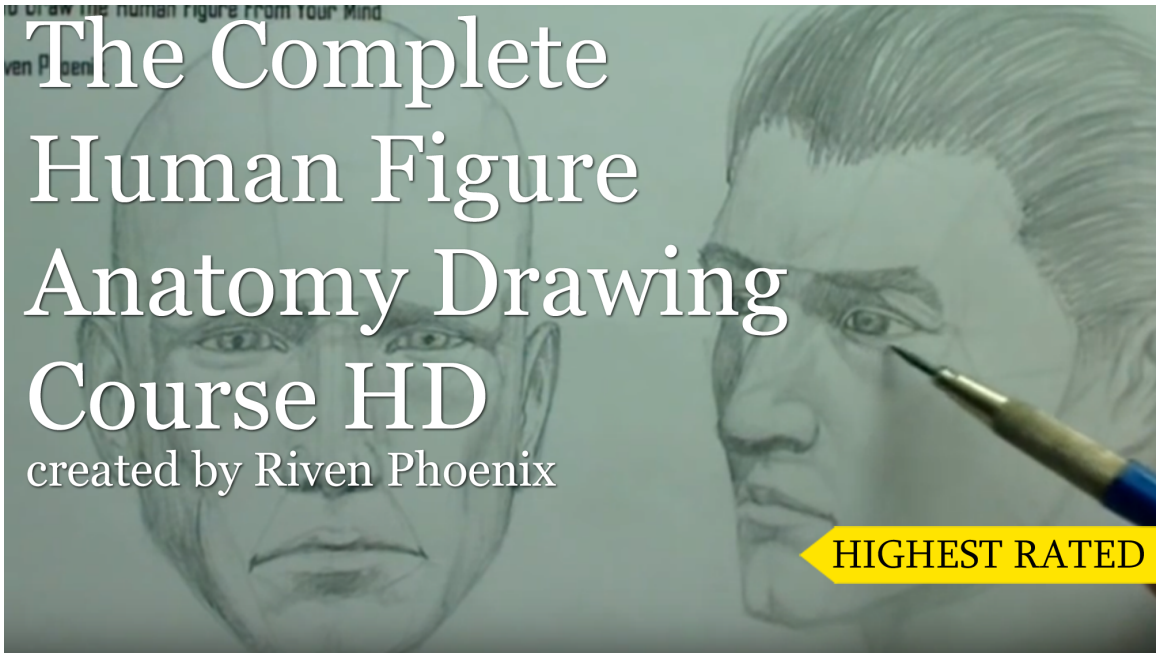


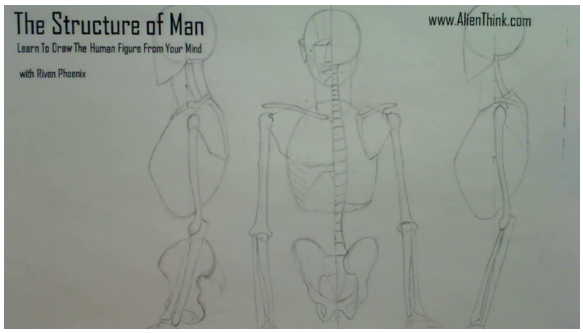
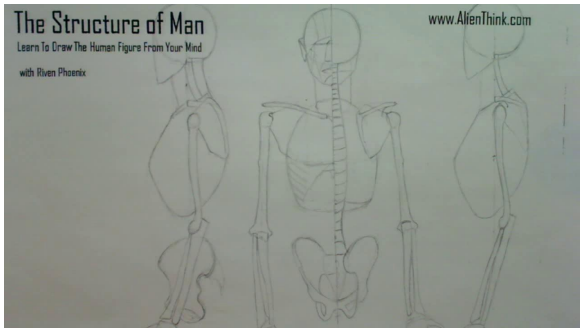
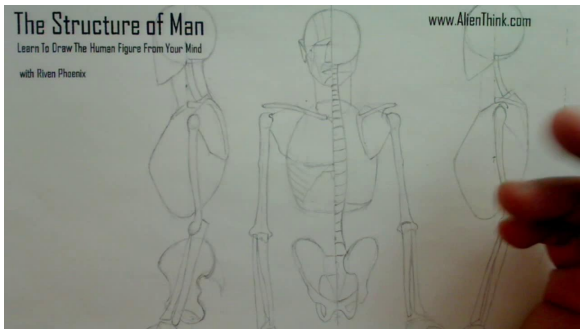
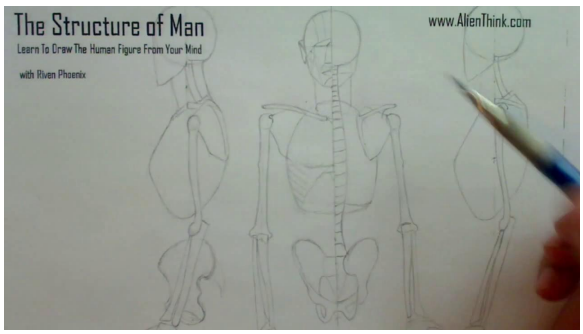
The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

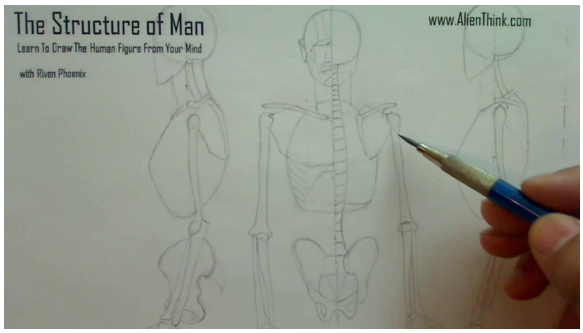
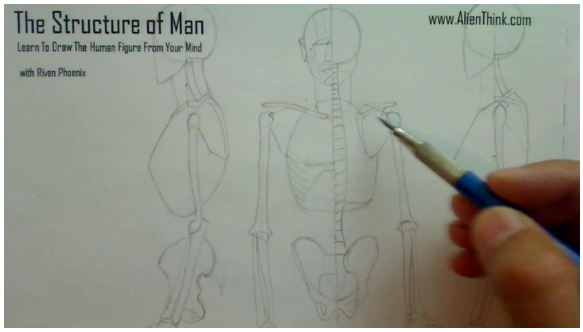
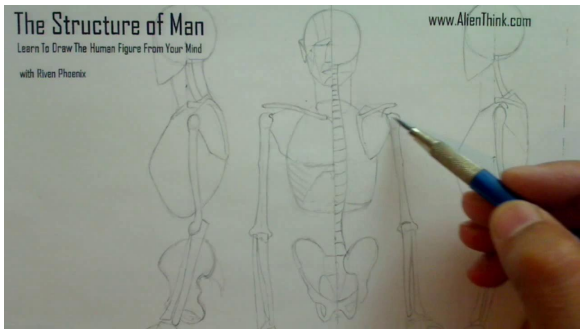
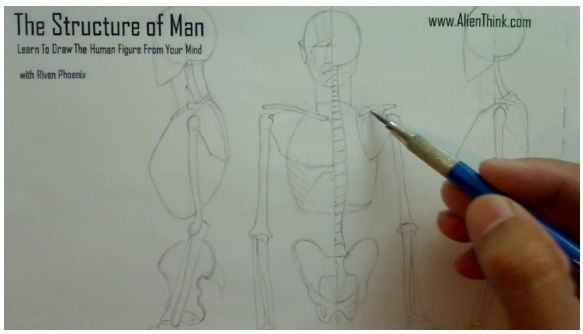
www.alienthink.com

Figure Drawing Lesson 140 - The Muscles of the Arm - Part 2

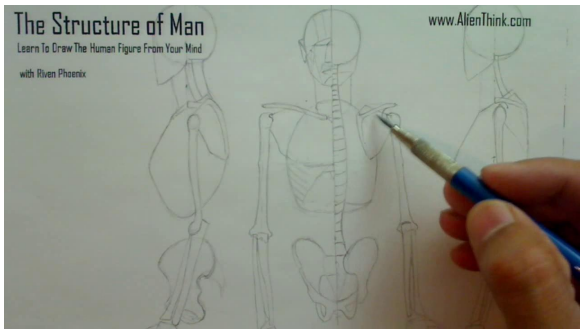
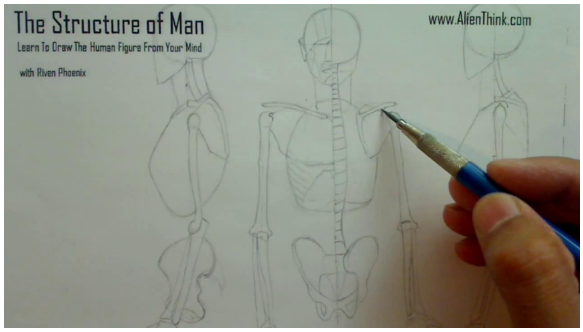
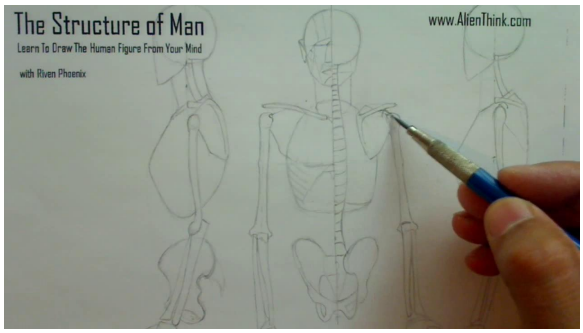
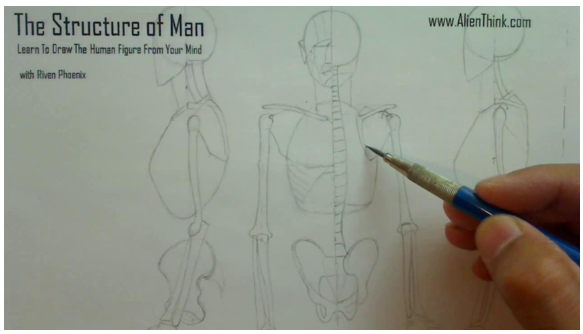
2026 Riven Phoenix and AlienThink.com

1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human figure from your mind training course.
2		Okay, so now we've got all the important drawings laid out.
3		And we're going to start our process or really managing our memory into understanding the muscles for the forearm.
4		Right, so for the first thing that we have to do is to understand the muscles.

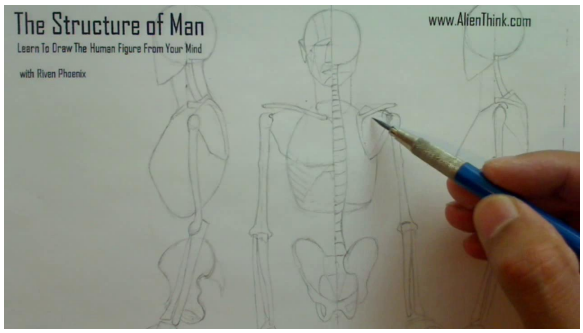
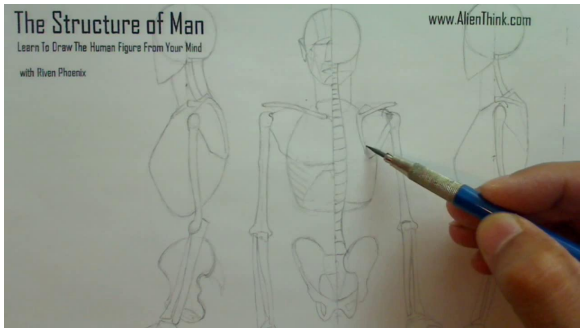
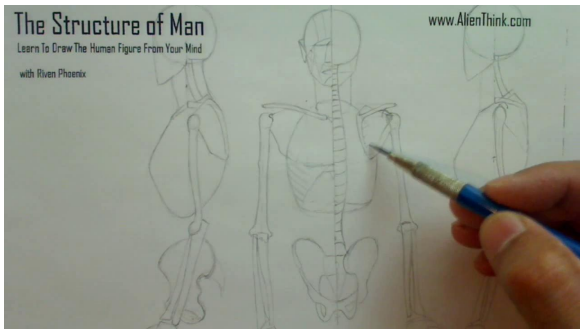
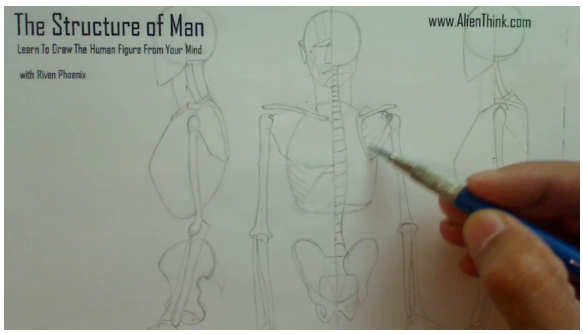
2026 Riven Phoenix and AlienThink.com

5		We have to understand what's going on with this area first.
6		Right, so here we know that there's a muscle over here that we talked about that we didn't put in before.
7		And it's just going to, right, this is a curve over here.
8		It's coming from the other side and then it's just going to connect to the top of the humorous bone.

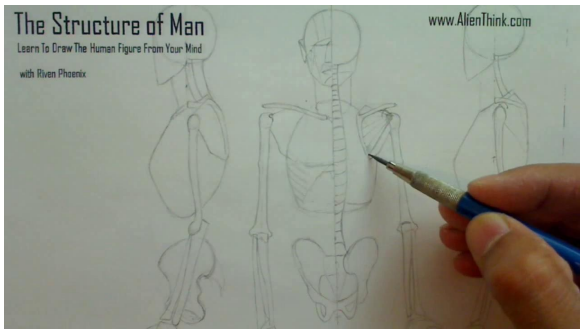
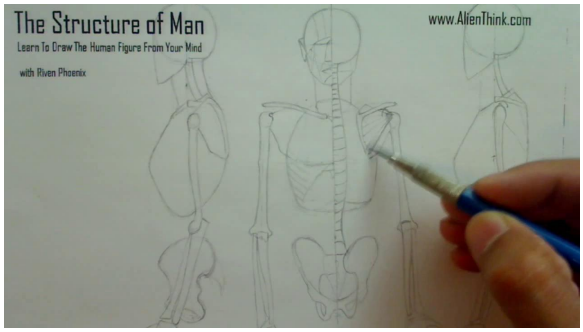
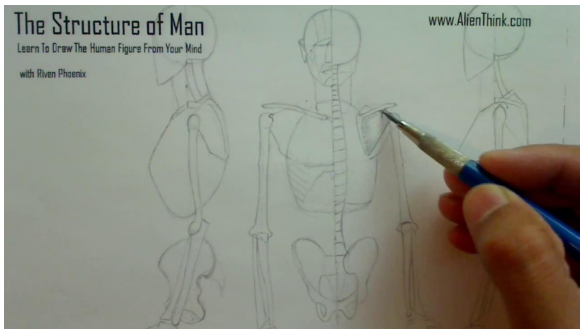
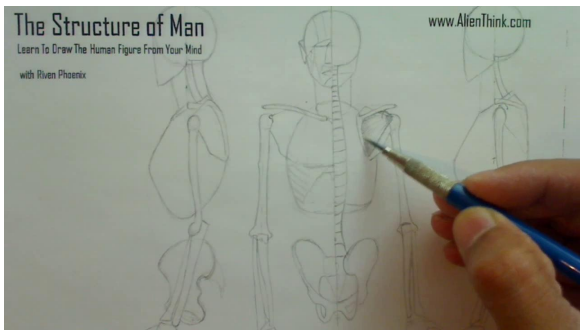
2026 Riven Phoenix and AlienThink.com

9		Right, so from here, then we're going to get this other muscle.
10		He's just attached, attached over here and he's going to also from about here, attach to the humorous bone.
11		Right, so here we're going to first put in this muscle because there's a system of thinking that has to be understood before we can look at anything.
12		Okay, so what happens here is that we know that okay, this muscle is just going to attach just like this.

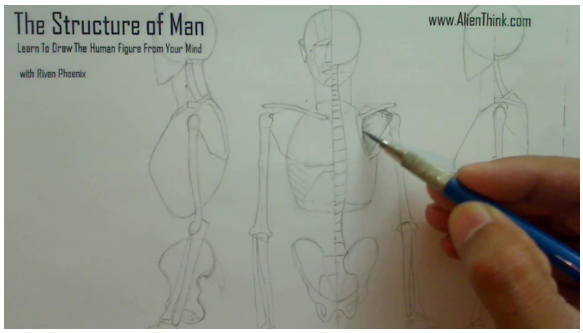
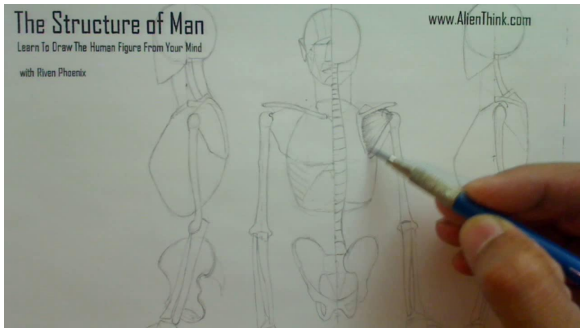
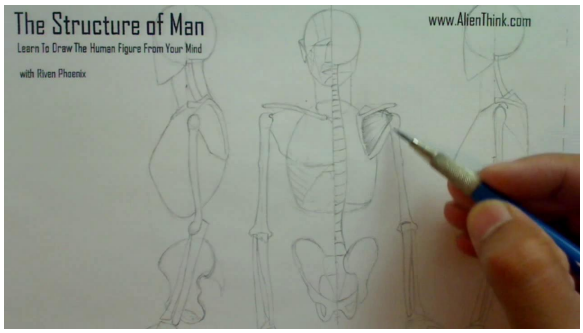
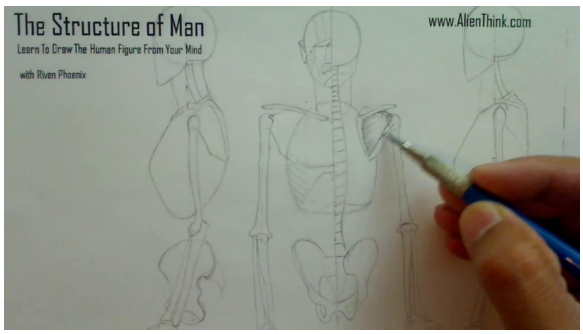
2026 Riven Phoenix and AlienThink.com

13		Right, and technically this is really divided in four different parts.
14		So here if I do one, two, three, I'm just going to get one, two, three, four.
15		Right, so if you're doing like character designs or something, so this information would be handy for you.
16		Right, so here we're just going to simply very lightly put down this muscle over here.

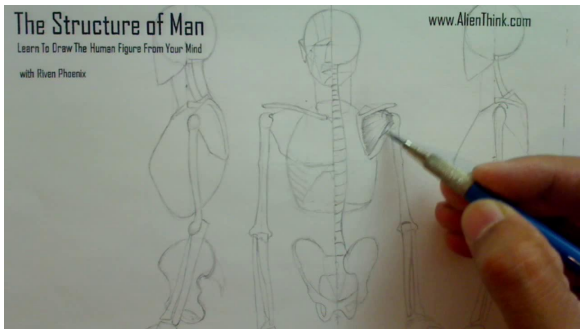
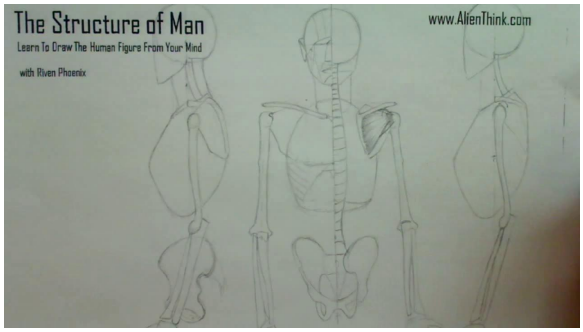
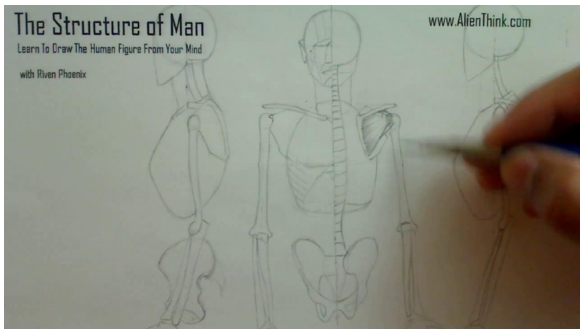
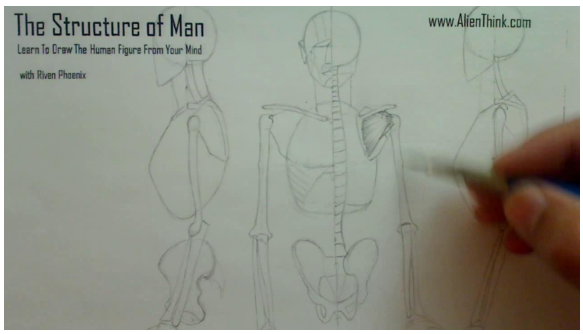
2026 Riven Phoenix and AlienThink.com

17		Right, so this muscle really ends over here and it's just going to connect over here.
18		So just put it with these fine fiber lines that we're going to put on just like this.
19		Okay, so here I'm just going to get this over here.
20		And then here you can just put like additional lines here to bring those details out of the separation for the muscles.

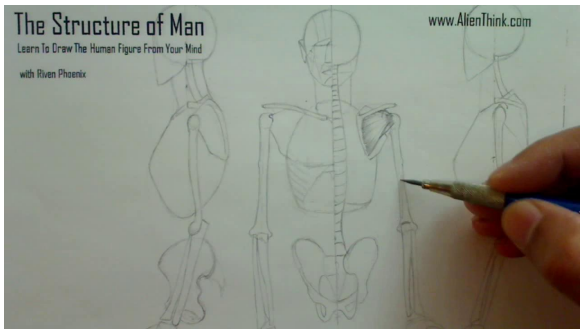
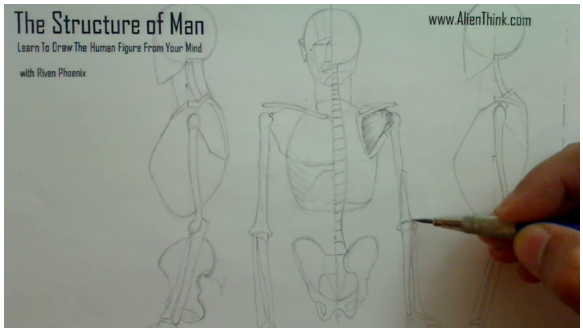
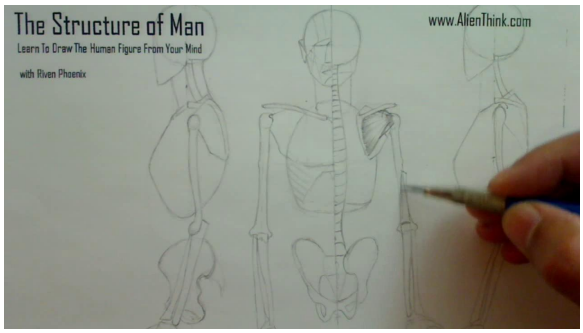
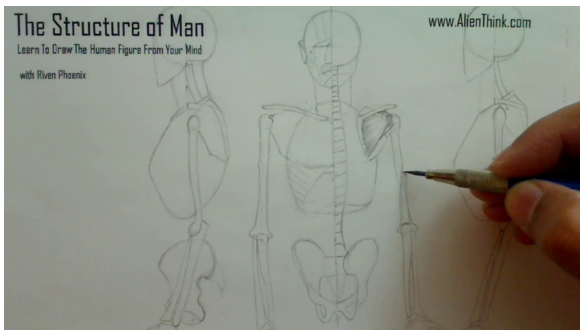
2026 Riven Phoenix and AlienThink.com

21		Right, over here.
22		Okay, so this muscle we know connects here.
23		So then we know that okay, from here we're going to get another muscle and he's going to attach to the humorous bone again.
24		Right, so he's just going to go like this over here and he's going to do the same thing just attach over here.

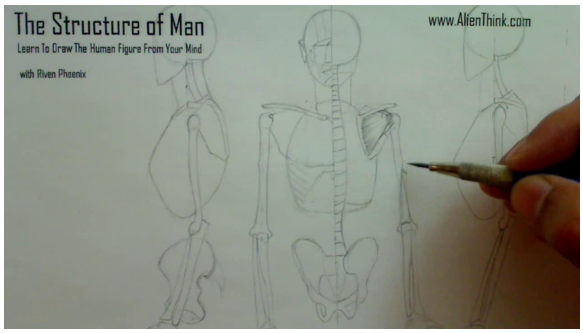
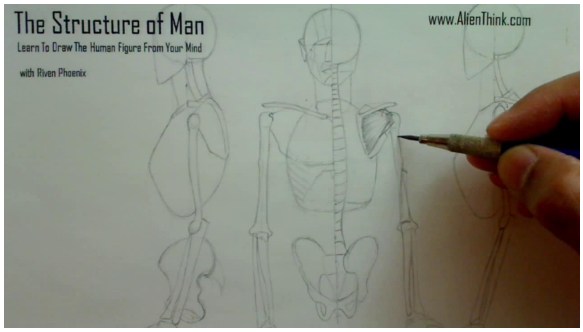
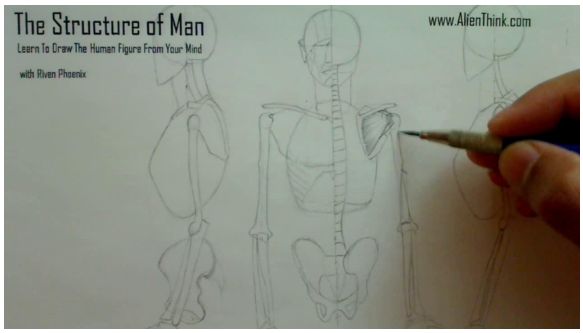
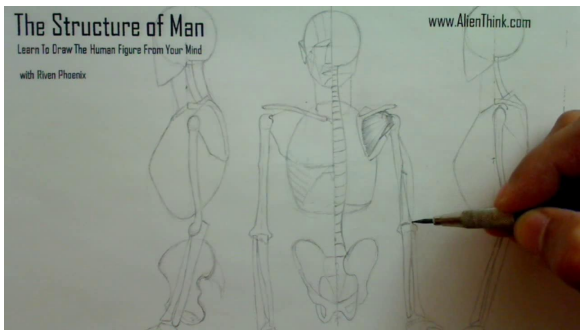
2026 Riven Phoenix and AlienThink.com

25		Right, so what he's doing is that he's really going over the tricep.
26		Okay, so we're going to pull out the muscle here for the tricep because the way the tricep is made,
27		we're just going to review this real quick, is that from here you're just going to get like this white section,
28		it's basically halfway here.

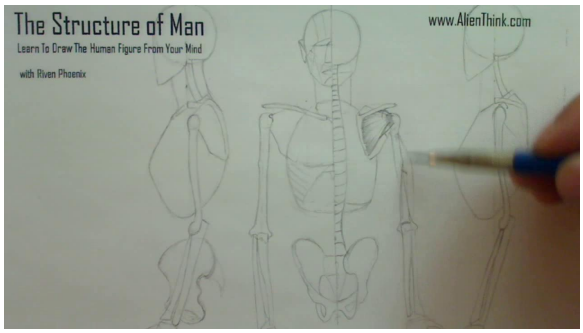
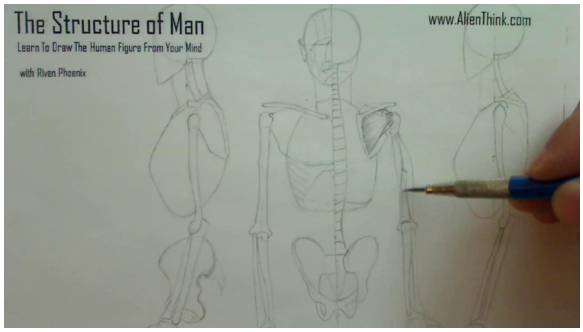
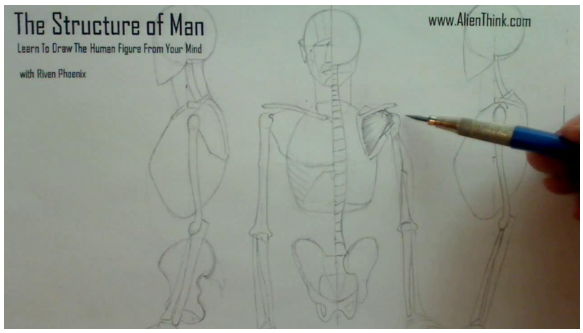
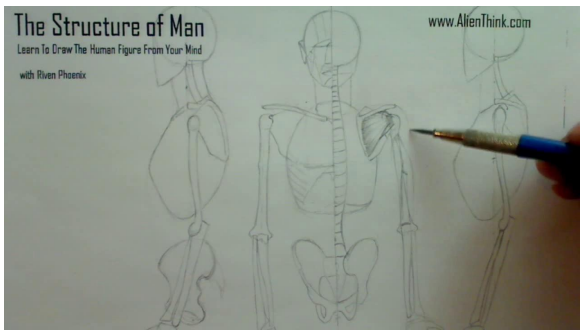
2026 Riven Phoenix and AlienThink.com

29		It's really done in this way where you draw a little bit of a box area over here about halfway and you draw it just like this a little bit and you just come back here.
30		Right, so the tricep is going to be connected here to the ulna over here.
31		So this box just gives you an example of where this is going to be.
32		Right, so meaning that really where this shoulder is right where the chest line is, this is typically where it is.

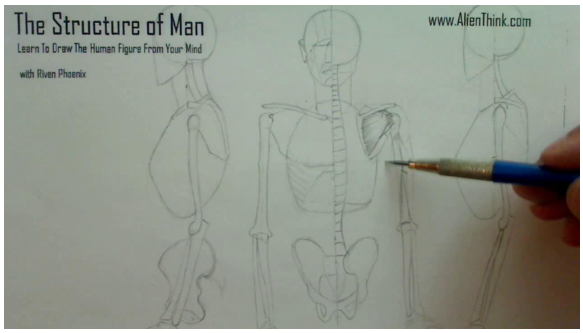
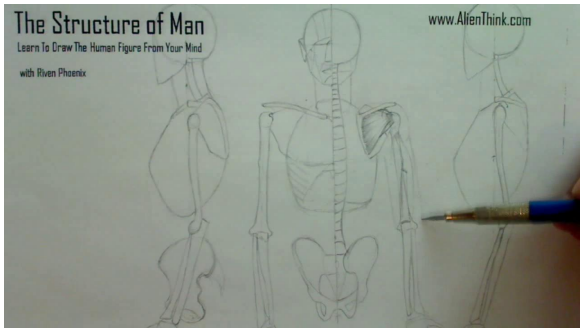
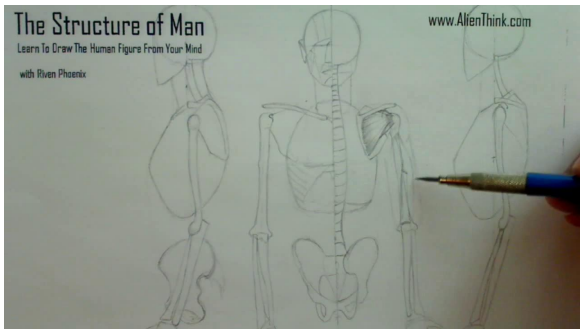
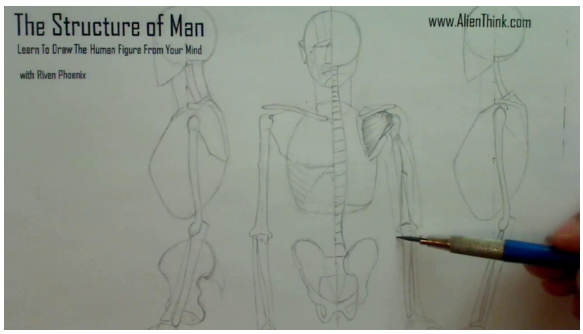
2026 Riven Phoenix and AlienThink.com

33		But that's not that's important to know basically just it's on the humorous bone because if it's doing dynamic poses that will come in handy.
34		So what happens is that this tricep really is connected very close over here to this.
35		So you're just going to get this tricep over here like this like so and then it's just going to come in.
36		Right, so now the thing is that what's going to happen is that when we're drawing out these muscles, right,

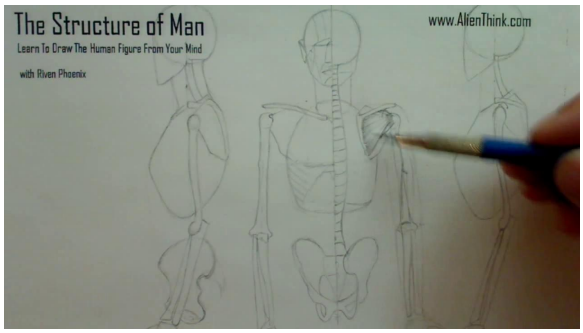
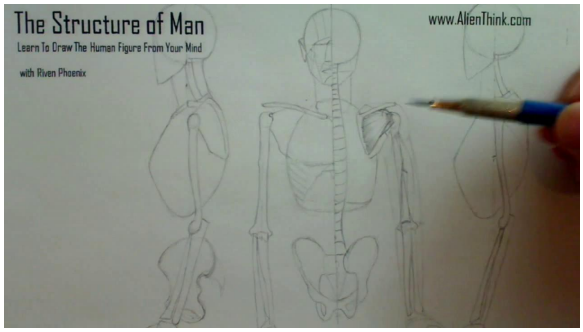
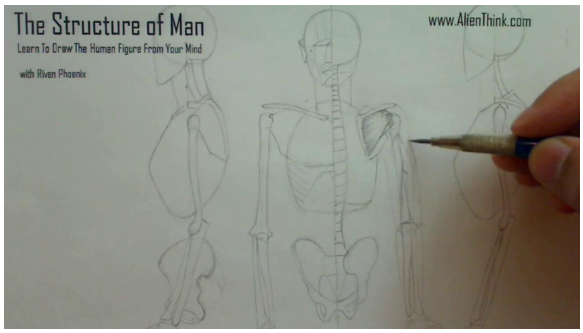
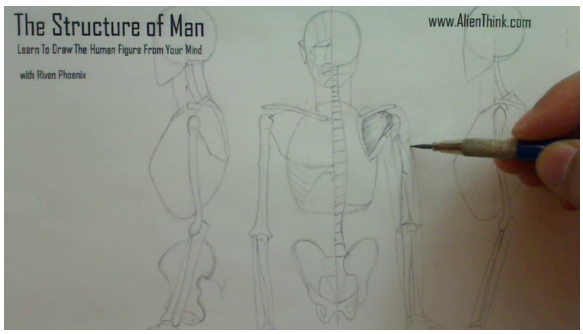
2026 Riven Phoenix and AlienThink.com

37		so look over here where this is, we're just going to split this in half like this and it's going to come like this.
38		Right, so the thing I want to make you aware is that the best way to draw out the arm muscles is because what happens if you don't do this, they'll just get skinny.
39		Right, so it's to just think about the the mannequin system a little bit.
40		Right, just put this down like this and say that okay, my arm really needs to fit at least in this area over here.

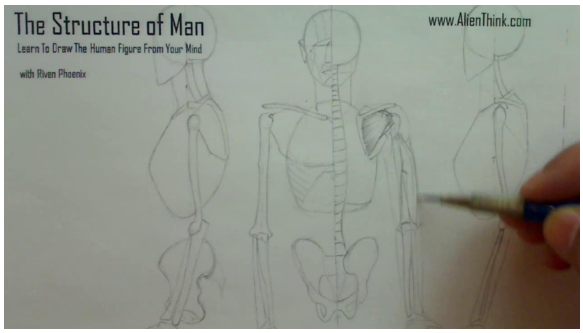
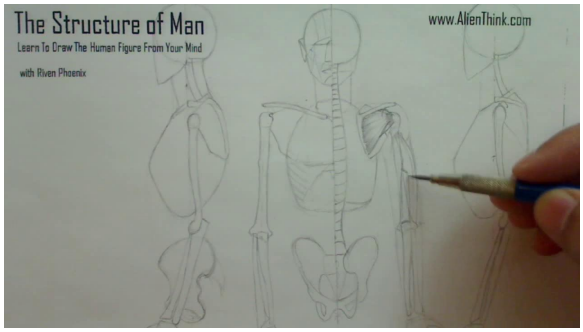
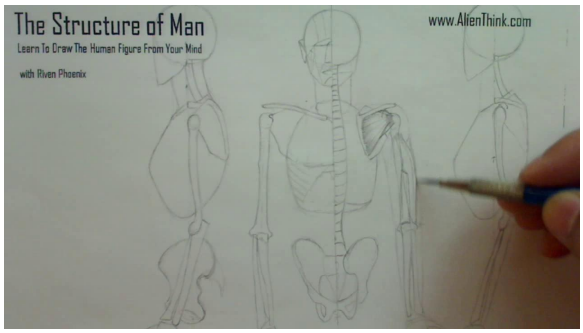
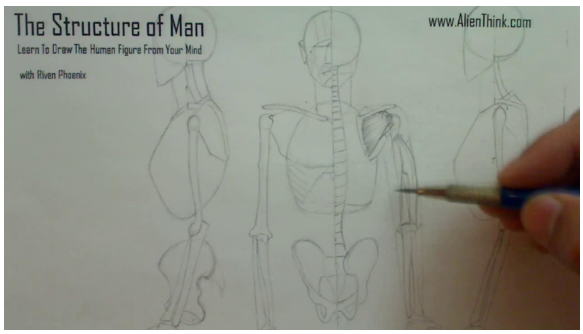
2026 Riven Phoenix and AlienThink.com

41		Right, so this will like assure give you assurance that at least it will be bulked up this way here.
42		It'll give you a nice big arm, right, so you'll know like how to puff up the muscles.
43		Right, if you don't do that, it'll just end up looking skinny and you're probably not going to be happy with the drawing.
44		Right, so the same thing over here, we can just at least put down the idea for the mannequin system just here.

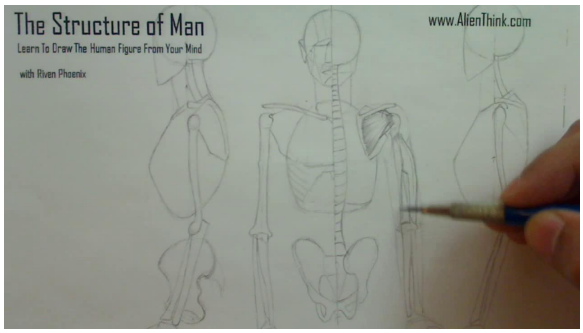
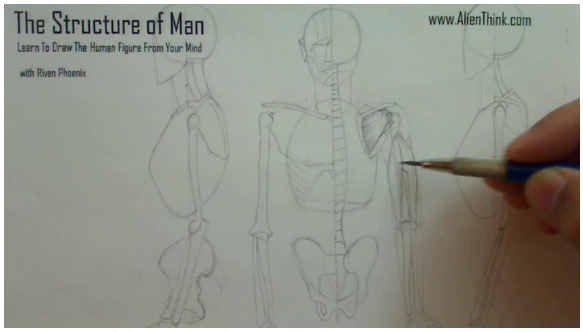
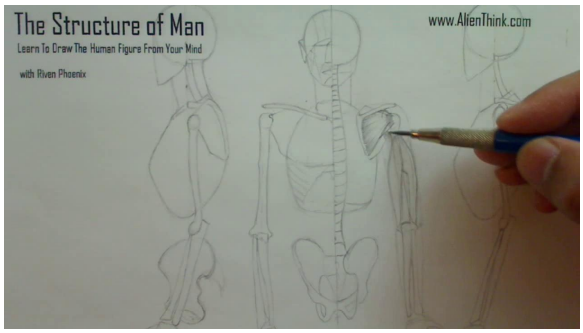
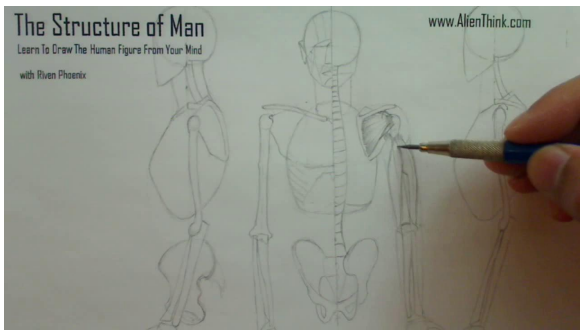
2026 Riven Phoenix and AlienThink.com

45		Right, just put it down like this over here, so we'll do the same thing little one over here.
46		So I'm just going to do this lightly because you should be able to just see this that it needs to fit in here.
47		Right, so if you think about this, that okay, I know we talked about the delta, it really is going to go in here and come back like this.
48		So really when I do my tricep, I want to really like give it some body and I'm going to make it more puffed up on this end over here and it's going to come like this.

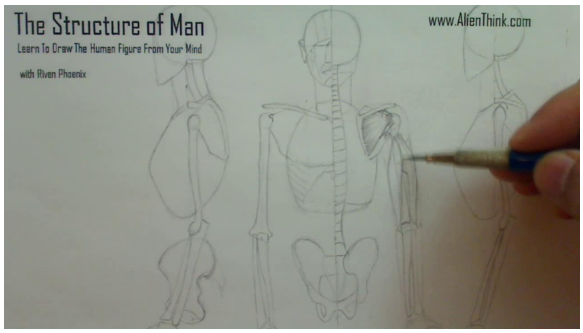
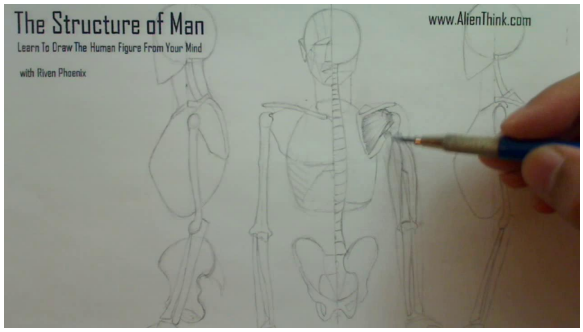
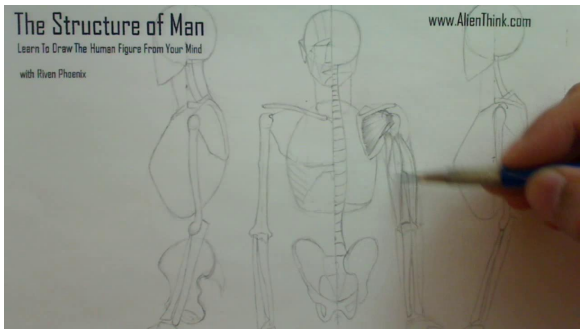
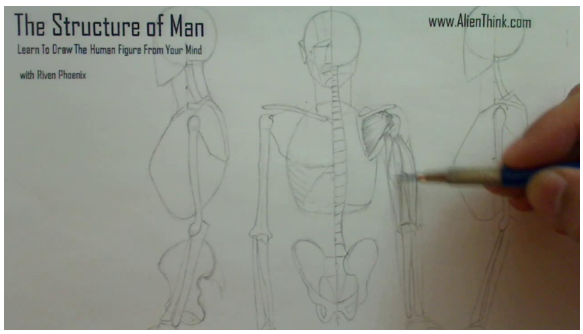
2026 Riven Phoenix and AlienThink.com

49		Right, so we'll get like a nice variation of it.
50		Right, just make it come at least over here, but it needs to come back to the ulna.
51		Right, we can experiment with this a little bit because this is a trick.
52		The muscles are easy to put, but you want to get a nice shape for the arm muscles.

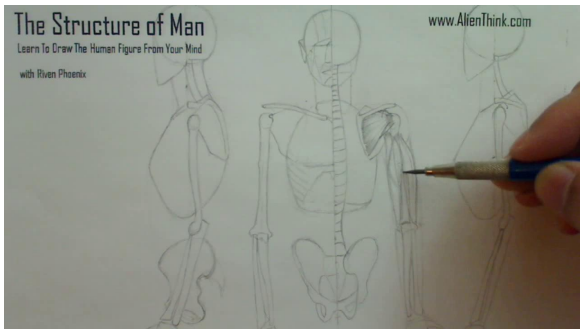
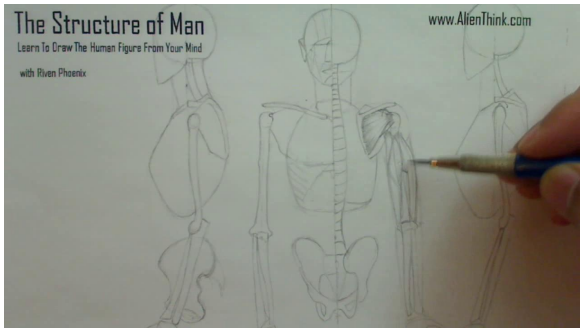
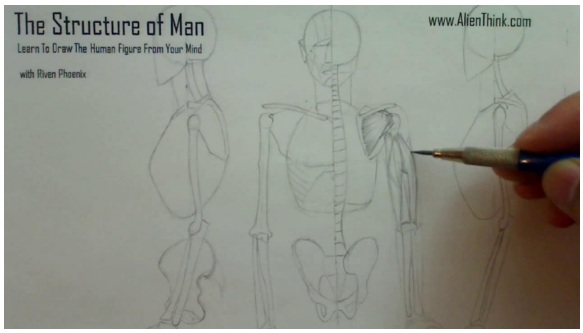
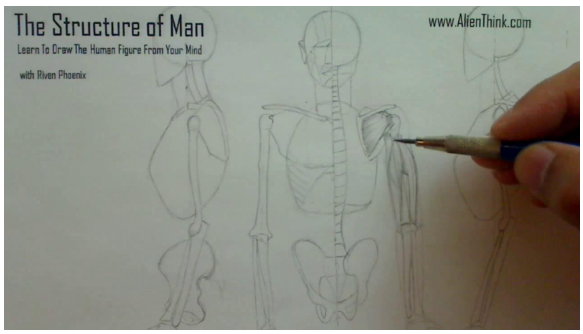
2026 Riven Phoenix and AlienThink.com

53		So what's going to happen is that basically this guy here, he's going to come up over here and he this is just going to be this long tricep that we're going to get.
54		Right, so we've got two of these ideas here, okay, so what happens is that this guy when he comes out, he's going to be attached to the scapula.
55		We talked about this. So what happens is it causes the tricep to be a second muscle.
56		Right, so this means that this is going to be much more bigger, right, than this one.

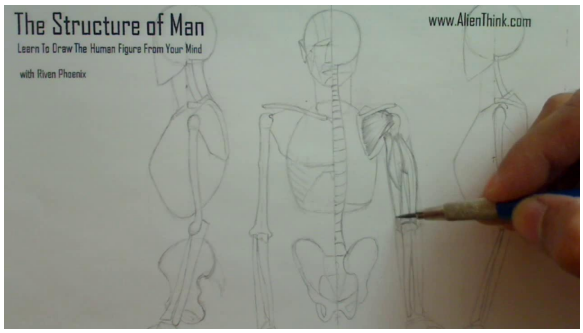
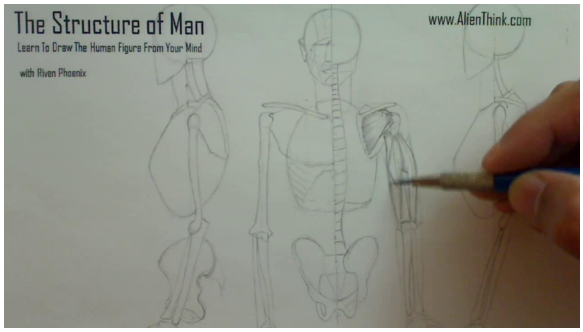
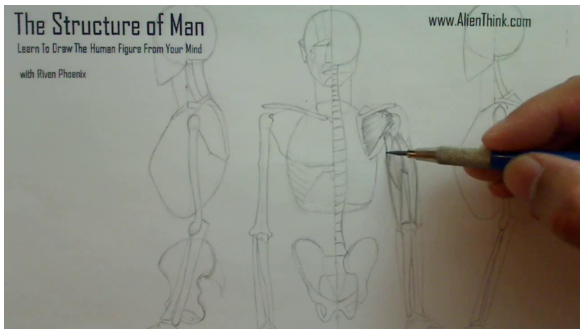
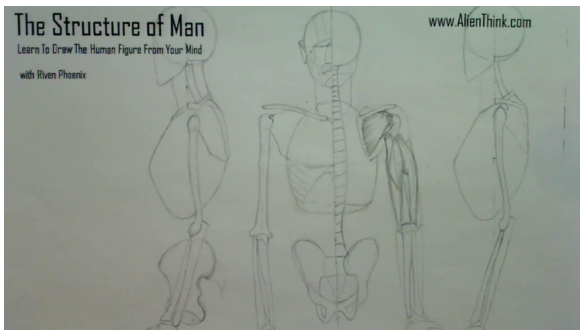
2026 Riven Phoenix and AlienThink.com

57		Right, so he's just going to come out a little bit like this over here.
58		Right, so he's going to basically now when he comes out, if you can either do it this way or this way, just experiment.
59		We're going to have to experiment with this to get the best idea for the arm.
60		Right, but it's really just popping up the muscles correctly when you're learning about this.

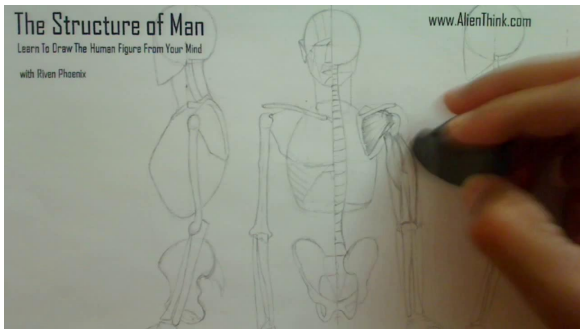
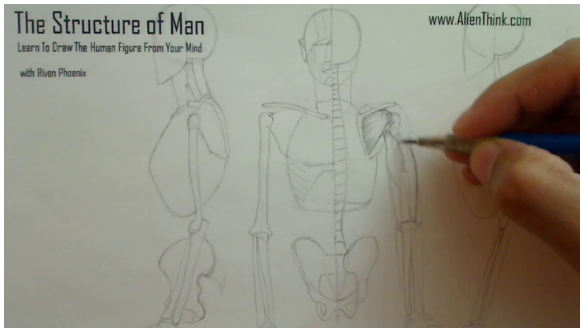
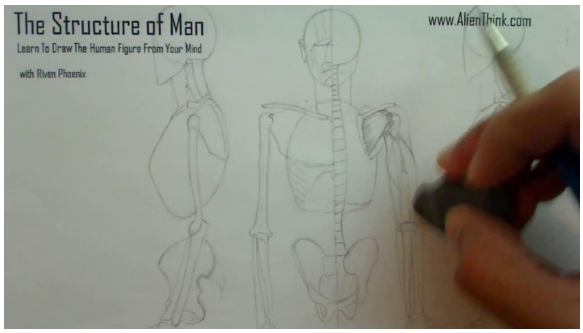
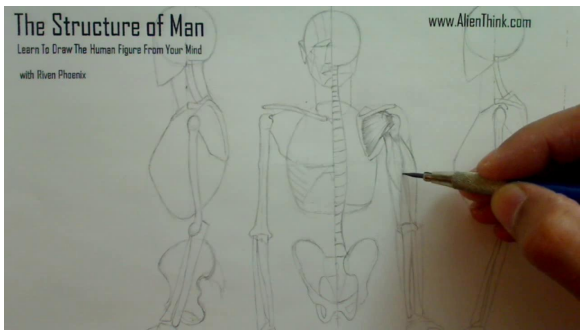
2026 Riven Phoenix and AlienThink.com

61		Right, you just can't put the shape on. You've got to like have some kind of a grid system, at least a system to follow that we can relate to.
62		Okay, so here I'm just going to get the muscles over here. Right, so this is going on this angle.
63		Right, so this here can just be like this over here, I saw.
64		Okay, so we know that this is now the tricep and I'm going to get it one cut over here like this and it's going to be going like this over here.

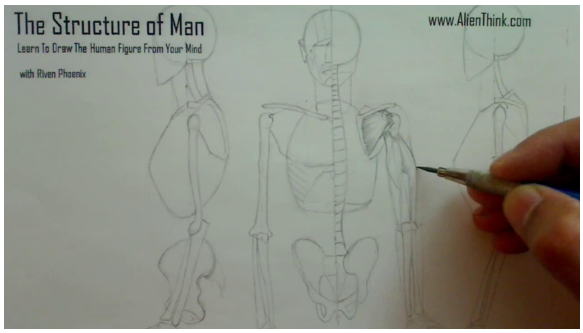
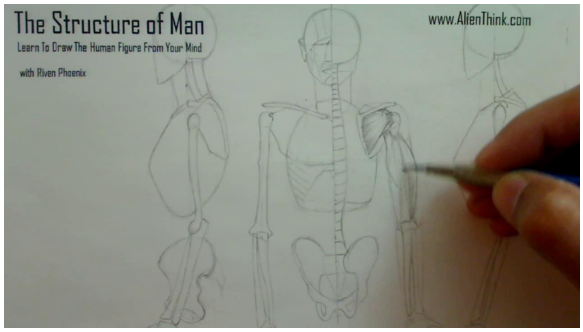
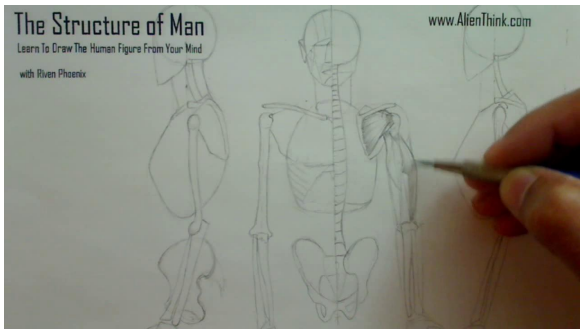
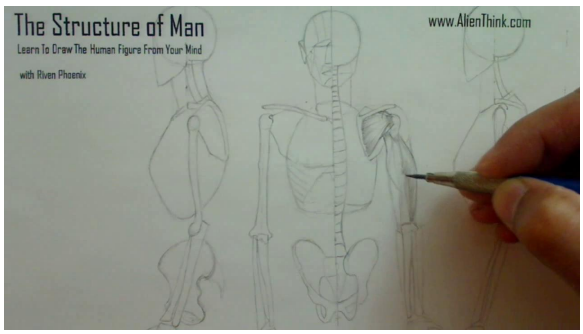
2026 Riven Phoenix and AlienThink.com

65		Okay.
66		So if the if the character has bigger triceps, right, you'll just really pop up this area a little more.
67		We can do that later on. Right, so just understand that this whole thing is a tricep.
68		Okay, so here we're just going to clean up some of these lines so we can start to fill in.

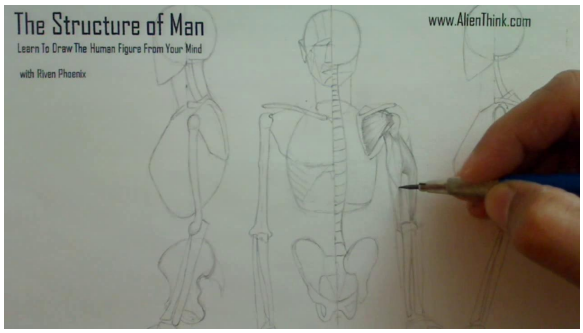
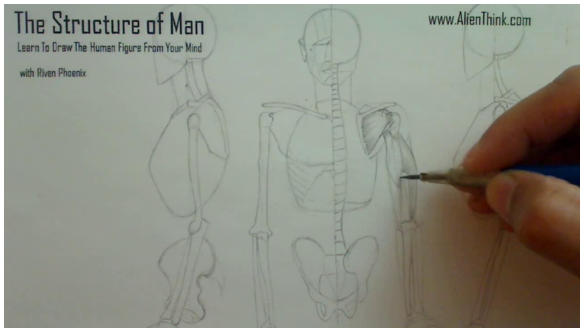
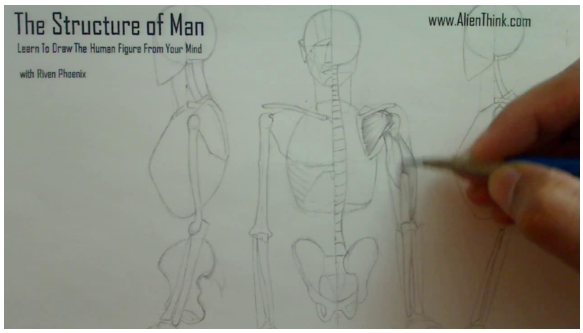
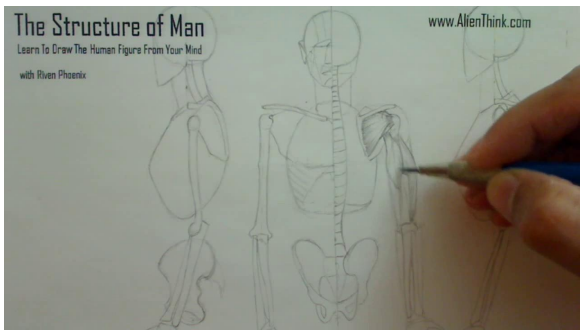
2026 Riven Phoenix and AlienThink.com

69		At least the tricep a little bit over here will leave it, but here will just leave it be for now.
70		But we'll just say that this is where it's connected over here and we're going to get this kind of like popped up over here.
71		Right, this will give us like a nice nice arm idea here.
72		And here I'm just going to very lightly do it this way because it's going to be pops up like this.

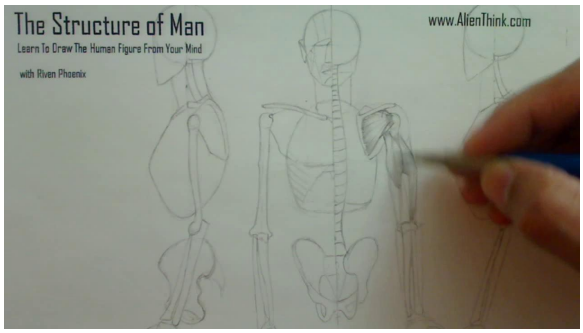
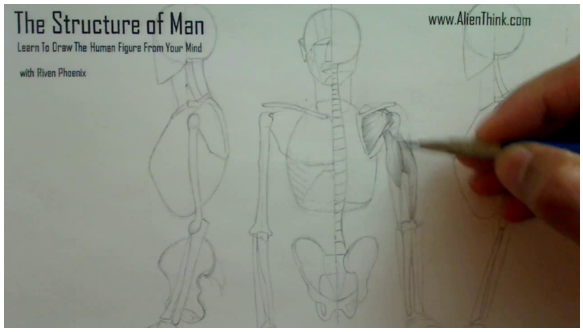
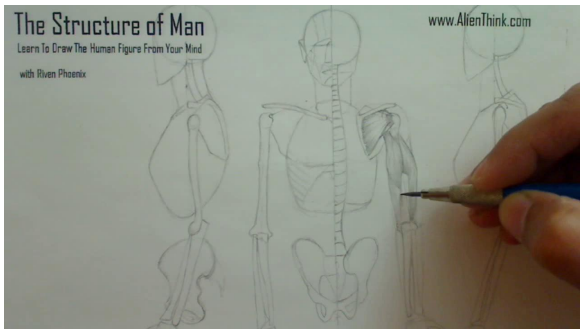
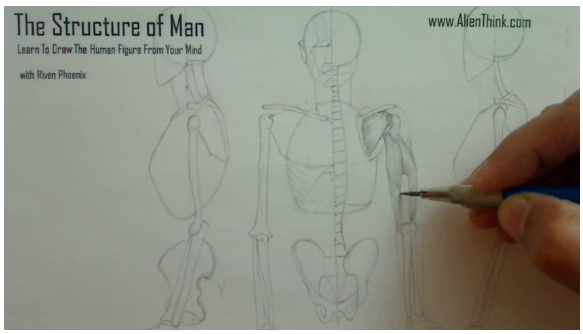
2026 Riven Phoenix and AlienThink.com

73		Right, and it's just going to come like this.
74		So do this very lightly and just follow along that right.
75		This is going to be coming out more like this and these fibers are going like this because the tricep is just shaped this way.
76		Right, so you're going to get this area like this, this arrow here.

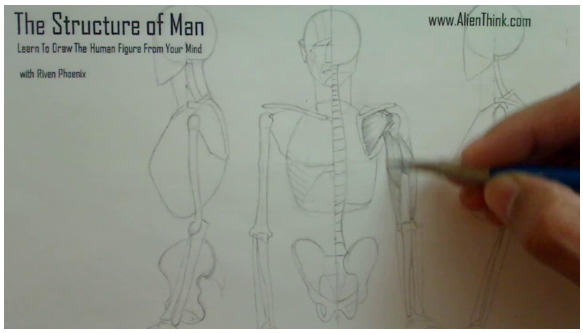
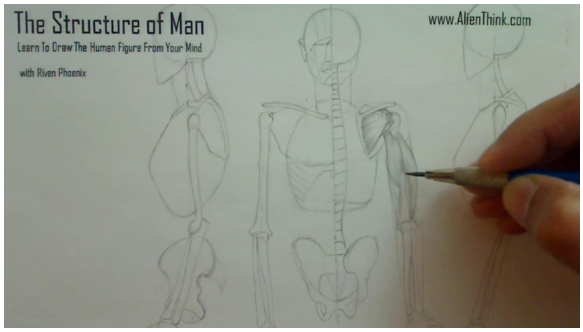
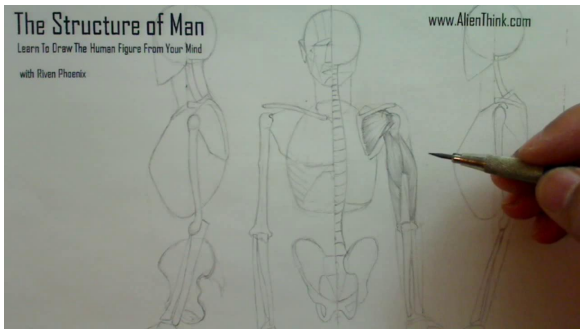
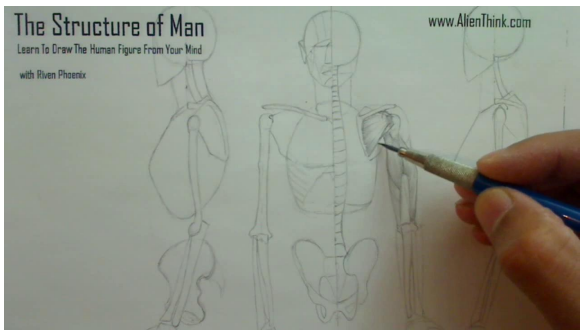
2026 Riven Phoenix and AlienThink.com

77		This, I mean, this angle.
78		So here, remember this, this here is a cut.
79		Okay, and this is going to do the same thing.
80		It's just going to pop up more and it's just going to come down like this.

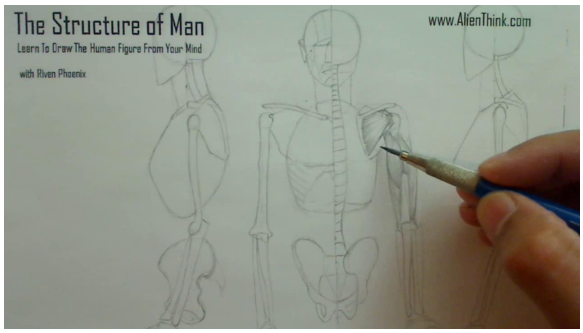
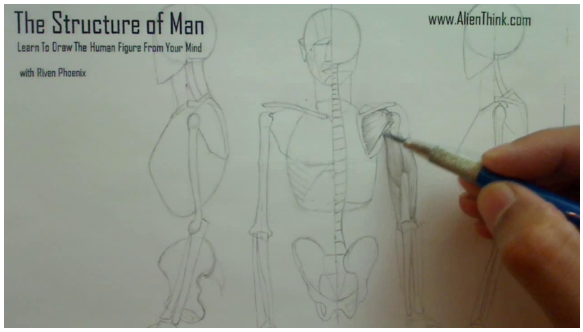
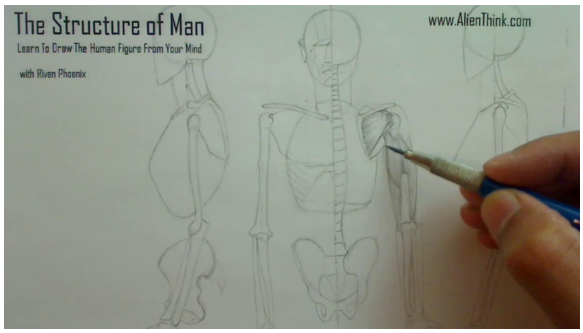
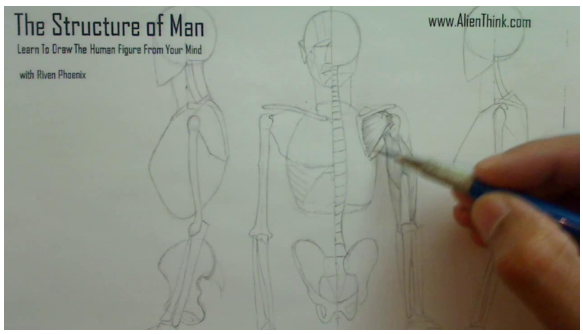
2026 Riven Phoenix and AlienThink.com

81		Okay, and it's just going to be like this over here.
82		Like this, then when I come over here, I can choose to show more of this over here.
83		Right, so all of this is now a tricep.
84		So remember that this section here is much more higher than this because of the second muscle.

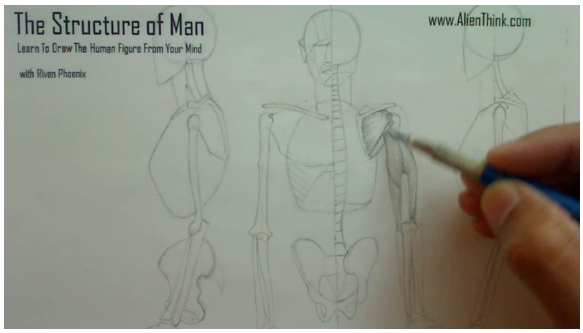
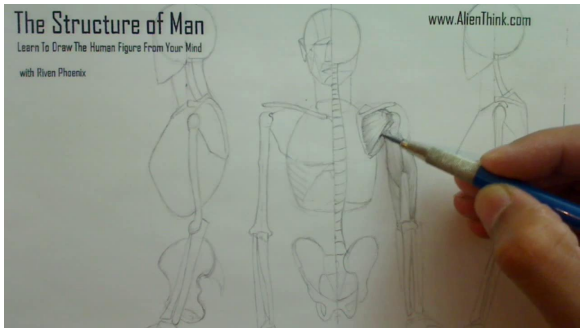
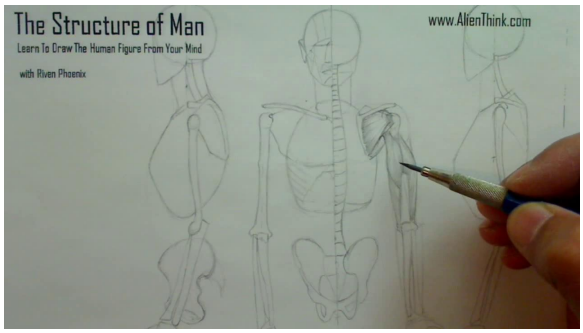
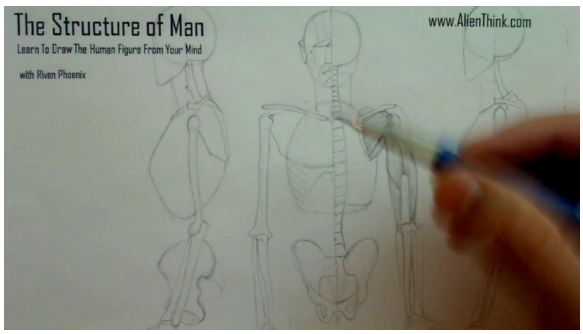
2026 Riven Phoenix and AlienThink.com

85		Right, it's just common sense that that's what's going to happen.
86		So this will like give us a good idea for the tricep over here.
87		Okay, so what happens next is we need to understand the connection system for the muscles that are going on with this area here.
88		Right, so we know that okay, this is going to be the first muscle on top.

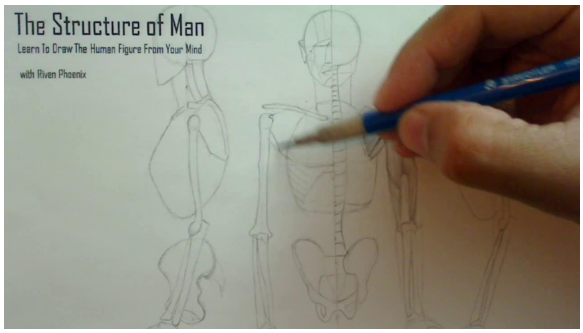
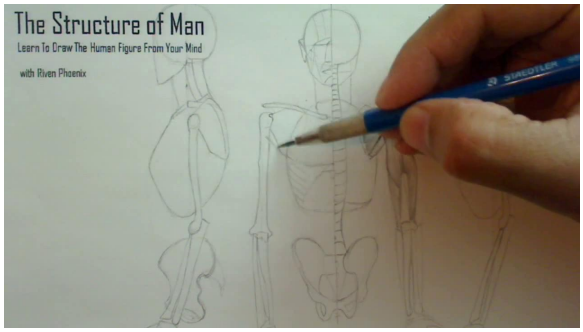
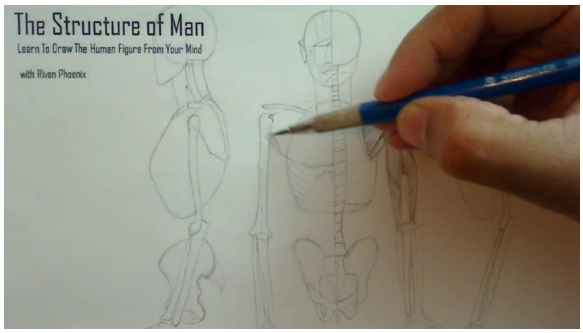
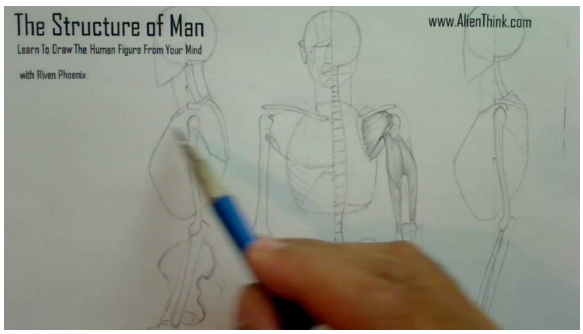
2026 Riven Phoenix and AlienThink.com

89		He's going to be the second and he's the last one.
90		But we know that this muscle here that we talked about this, when he goes, he's just going to be going under the tricep.
91		So he's going to be wrapping around like this.
92		Right, so here for some going to draw him like this over here a little bit just to show you look he's gone.

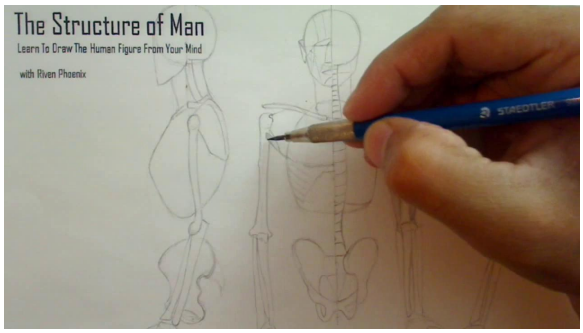
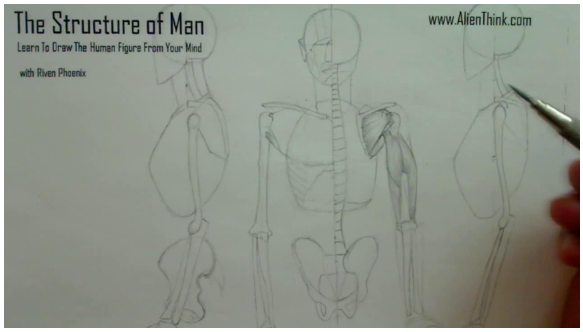
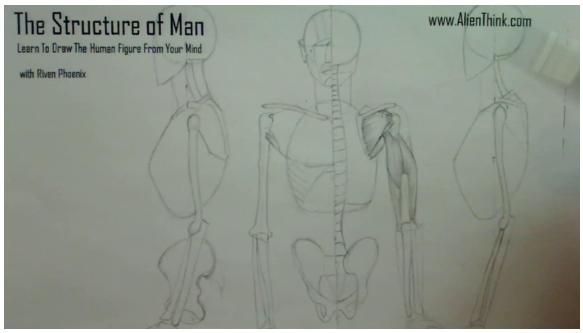
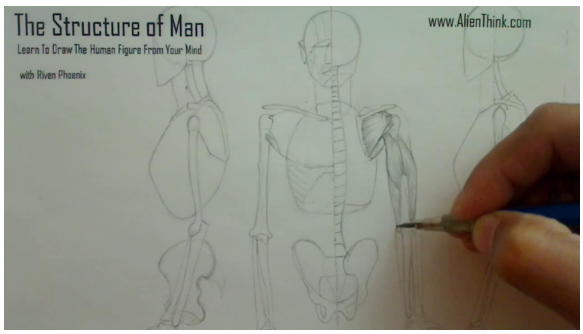
2026 Riven Phoenix and AlienThink.com

93		So this means that this is the connection that we talked about that the tricep is connected here.
94		Right, it's these guys, this is where the skin ends and over here, this is going under your armpit so the connection is right there.
95		Okay, okay, so what happens on the other side?
96		Well, what happens is that that muscle that's coming, he's going to come over here.

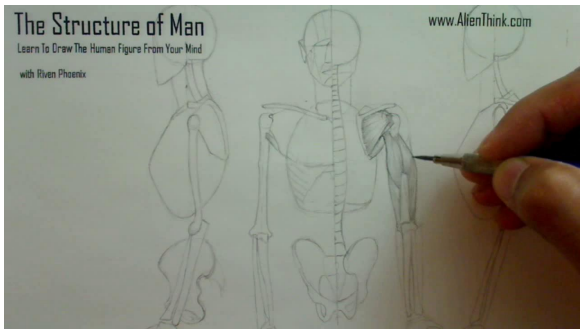
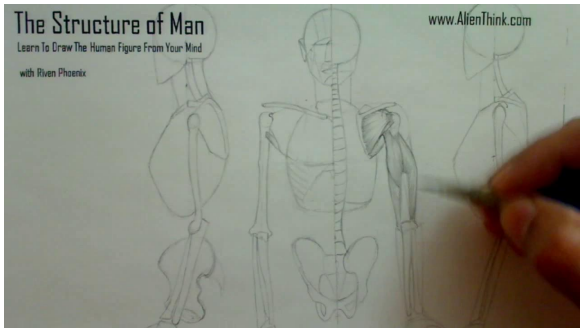
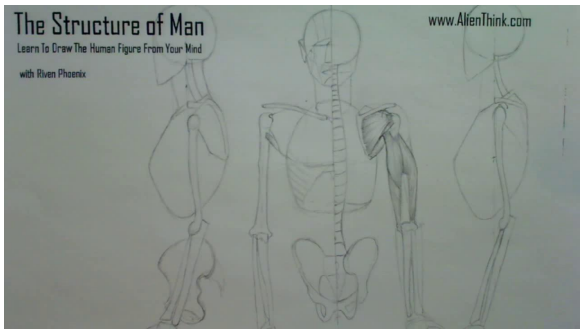
2026 Riven Phoenix and AlienThink.com

97		Right, he's actually attaching right under here.
98		So here we can just add a hand like this.
99		Right, this just goes to show you that this muscle is going to be part of the system when if you make the arm going this way,
100		if he's lifting up a weight, the mechanism for the shoulder going up that this guy is going to be showing up.

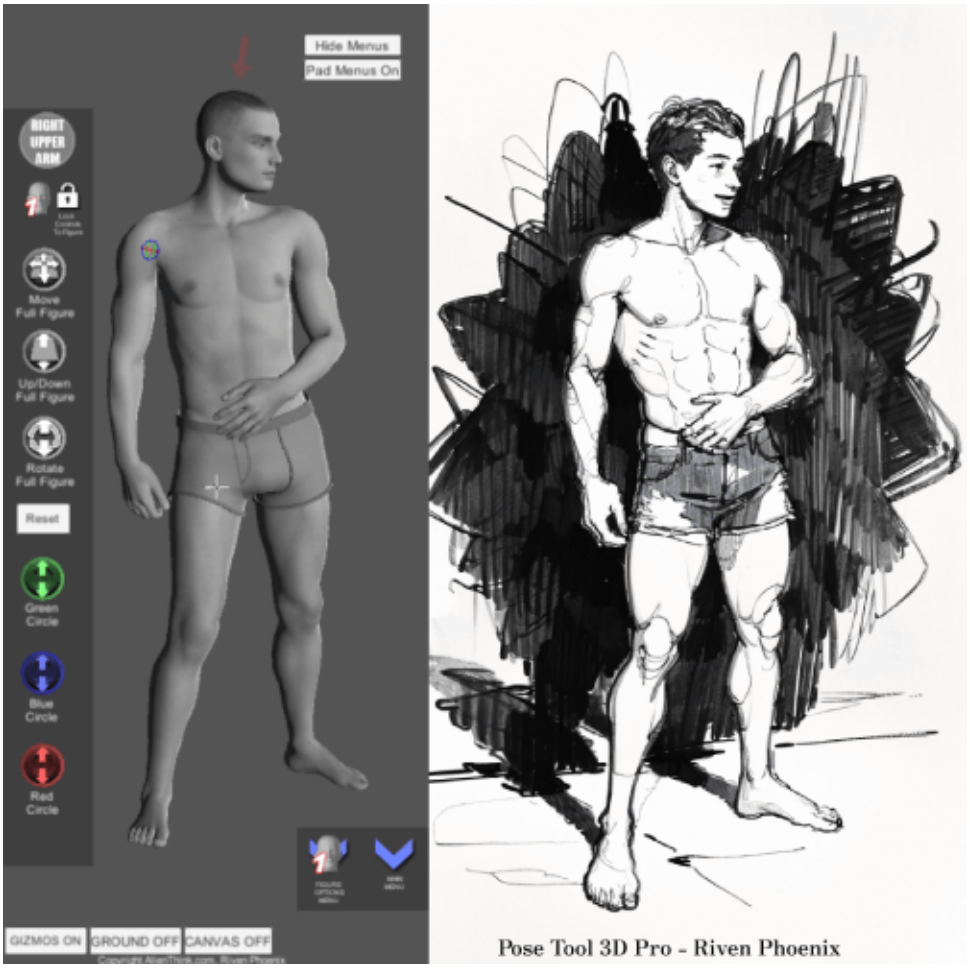
2026 Riven Phoenix and AlienThink.com

101		Right, but really the the door sign muscle is going to take over.
102		Okay, so now we've got this system under stood over here.
103		So what we need to do is we're going to now in the next lesson.
104		Look at the door sign muscle.

2026 Riven Phoenix and AlienThink.com

105		Right, remember we can later change this and give it a better angle.
106		Right now this will give us room to make these muscles a little bigger.
107		So I'll see you in the next lesson.

2026 Riven Phoenix and AlienThink.com



www.alienthink.com/pose-tool-3d/

2026 Riven Phoenix and AlienThink.com